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# Pelham NEWS

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SALAS REPRESENTATIVE

■ KUB KAR RACES: "Some of the cars are pretty elaborate"

## These scouts have a need for speed

GREG FURMINGER  
Tribune Staff

The race cars sped silently, but the spectators' roars at times were deafening.

Anyone who ventured to Seaway Mall Saturday saw the cheers shouted by members from 9th Welland, 2nd Port Colborne and 3rd Fonthill scout packs as they competed in their annual Kub Kar championships.

"I'm having fun," said Josh Benard of the Port Colborne unit.

"I just like racing." The boys spent the previous week at the mall conducting time trials, which allowed them to make modifications from their scratch-made vehicles if necessary for the big day.

"You have to have a good amount of weight and you have to have a slope in the front so the wind goes over," Roanin Smith said referring to his car's aerodynamics.



GREG FURMINGER/TRIBUNE STAFF

See SCOUTS on Page 2

Scouts from 9th Welland, 2nd Port Colborne and 3rd Fonthill watch their Kub Kar races Saturday at Seaway Mall.



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# LOCAL NEWS

■ **BULLYING:** Pelham to support Pink Shirt Day

## Bullies will not be tolerated

MELISSA MANGELSEN

Pelham News Staff

Principal Todd Bright says Glynna A. Green Public School is proactive with its approach to anti-bullying.

"But it is still present at the Fonthill school.

"It would be a lie to say that it doesn't exist here at Glynna A. Green because it does," said Bright. "I don't bury my head in the sand about bullying, when we know about it we deal with it."

Bullying, like many other things, has progressed over the years due to technological advancements.

"Social media plays a big part in bullying now," he said.

Cyberbullying is severe because the target often feels no escape. It follows the victim home, invades their lives and is seen by a large scope of people in a click of a button.

Following some highly publicized cyberbullying cases that ended with suicide, students, teachers, parents, government and police have become involved to prevent bullying from starting and spreading the message that it is not tolerated.

District School Board of Niagara has a bullying-prevention and intervention policy in effect at all its schools. The policy involves daily classroom teaching with curriculum links, character

development initiatives, mentorship programs, citizenship development, student leadership, student success strategies, healthy lifestyles initiatives and social skills development.

"We engage parents, students and teachers in the program and explain what is and what isn't bullying. Most people think they know what bullying is, but it's so vast," said Bright.

One of the goals at Glynna A. Green is to engage bystanders.

"When you have 40 staff members and 400 students the bystanders are the eyes and ears out there," said Bright.

## PINK SHIRT DAY BULLYING STOPS HERE



PHOTO PROVIDED

Pelham will participate in Pink Shirt Day, Feb. 26.

Glynna A. Green is a junior kindergarten to Grade 8 school. Bright said engaging students early in anti-bullying

is important to stop it in the future.

"It's not only the school's responsibility to stop bullying.

It's the responsibility of the entire community," he said.

See **BULLY** on Page 3

### ■ SCOUTS

## 'Some of them are really creative'

From Page 1

"But perhaps even more important, he said, is that 'the wheels have to spin real good'."

Many of the cars were built at a workshop at Auberge Richelieu, with some guidance and assistance in the use of power tools.

Scouts were given a block of wood, four plastic wheels and weights to adjust their finished product.

Some were made to look

like Formula 1 cars, one looked like the Herbie the Love Bug.

"Some of the cars are pretty elaborate," said Bob Fish, pack leader for 9th Welland.

"Some of them are really creative — you can see by the paint jobs."

Jackson Ottaway of the Fonthill pack painted his green with a blue racing stripe because that's his favourite colours.

And he was also aiming for

the least wind-resistance for when his car was launched down the track at the mall's centre court.

"I made it kind of real fast so the wind goes over it," he said.

The scouts raced in two classes: lightweight to a maximum 112 grams and heavyweight to no more than 142 g. Each car raced 12 times Saturday, always switching lanes to ensure fairness, and the average time was recorded and

calculated using a computerized timing system.

Fish said many scouts didn't necessarily know that at the same time they were creating and competing, they were also earning a number of badges, including for carpentry and handicrafts.

"And it's just a blast because they're racing cars," he added.

greg.furninger@sunmedia.ca

Twitter: @GregAtTheTrib



GREG FURNINGER/TREBLE STAFF

Scout leaders, from left, Scott Lorimer, Doug Stayner and Ryan Robb prepare KUB Kars for a race Saturday at Seaway Mall.

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# LOCAL NEWS

## BULLY

# Pelham schools tackle bullying

### From Page 2

The Town of Pelham has stepped up to raise awareness of anti-bullying by participating in Pink Shirt Day, Feb. 26. The town will illuminate its arches pink from Feb. 15 to 26, staff members are encouraged to wear pink and town vehicles will display pink ribbons.

Pink Shirt Day started in Nova Scotia in 2007, when two students decided not to be bystanders to bullying. They distributed 50 pink T-shirts after a male ninth grader was bullied for wearing a pink shirt during the first day of school.

Pelham will join together on Pink Shirt Day with E.L. Crossley secondary and A.K. Wigg and Glynn A. Green public schools participating.

According to DSNB policy, bullying is a dynamic of unhealthy interaction that can take many forms. It can be physical (hitting, pushing, tripping), verbal (name calling, mocking, or making sexist, racist or homophobic comments) or social (excluding others from a group, spreading gossip or rumours). It may also occur through the use of technology.

All DSNB schools are required to develop and implement schoolwide bullying prevention and intervention plans as part of its school improvement plan. All incidents of bullying must be reported to the school principal.

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Twitter: @tribunemelissa

## WHERE TO GET HELP

Students who are suffering distress because of bullying can contact the KidsHelpPhone at 1-800-668-6868 or the Lesbian Gay Bi Trans Youth Line at 1-800-268-9688. Free health services information from the Ontario Mental Health Helpline can be obtained by calling 1-866-531-2600. For more information on Pink Shirt Day visit [www.pinkshirtday.ca](http://www.pinkshirtday.ca).



## STATISTICS ON BULLYING

- One in three adolescent students in Canada have reported being bullied. Canada has the ninth highest rate of bullying among 13-year-olds on a scale of 35 countries
- 10% of Canadian adults know of a case of cyberbullying against a child in their household
- In about 85% of bullying incidents that occurred on a school playground, peers watched the bullying happen
- 51% of all teens have had a negative experience with social networking; 12% said someone posted an embarrassing photo of them
- Bullying occurs once every seven minutes on the playground and once every 25 minutes in the classroom
- 55% of sexual minority students were verbally harassed in school
- 54% of LGBTQ students feel unsafe at school
- In Canada suicide accounts for 24% of deaths among 15-to 24-year-olds and 16% among 16-to 44-year-olds. Suicide is the second leading cause of death for Canadians between the ages of 10 and 24.
- Bullying happens at workplaces, too, not just schools.

(Source: [stopbullyingcanada.wordpress.com](http://stopbullyingcanada.wordpress.com), [stopbully.ca](http://stopbully.ca), [ourkids.net](http://ourkids.net))

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## LOCAL NEWS

■ MUNICIPAL ELECTION: Augustyn to seek re-election

## Political newcomer eyes seat on Pelham town council

MELISSA MANGELSEN  
PelhamNews Staff

Though still months until the municipal elections on Oct. 27, both Pelham Mayor Dave Augustyn, and Ward 1 Coun. Richard Rybiak were quick to put their names in for candidacy in January.

"I filed right away because it was an easy decision to make," said Rybiak. "It's very satisfying work, necessary and important. I feel like I'm just getting to the point where I'm good at it and will be stronger in a second term."

Rybiak was elected in 2011 in a byelection.

MAYOR DAVE  
AUGUSTYN

Augustyn said he's not one of those coy people that wait it out, so he filed early.

"I was encouraged by folks in the community to continue as mayor. I've enjoyed being mayor, getting things done and moving the community forward," said Augustyn.

Justine O'Donnell is a new name to the ballot. He put his name forward for Ward 2 councillor.

"I've been politically active for along time, just behind the scenes. I decided it was time to put my money where my mouth was," said O'Donnell, who was actively involved in banning longboards from Pelham streets.

"I met with my neighbours and made a presentation to council, which got me interested in how decisions were made and issues were addressed," said O'Donnell. This is his first time running for a position on town council. O'Donnell is the CEO and president of Blue Chip Consulting Services in Fonthill.

No one has stepped forward for Ward 3, but Coun. John Durlay said that he is "very seriously considering" putting his name forward for nominations. Durlay has been on town council since 2003.

"Elections are still a long time away and there are still a number of decisions that need to be made in the community regarding recreation and construction, so I will be a busy year," said Augustyn.

"I think this election will be about leadership, whether people like my leadership style or not. My key thing is involving the community in all decisions and I'd like to continue that as mayor," said Augustyn, who was first elected in 2006. Calls to Ward 1 Coun. James Lane, Ward 2 Coun. Gary Accursi and Catherine King and Ward 3 Coun. Peter Papp were not immediately returned.

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■ COLUMN

## A return to shinny hockey is a long, long way away

From Page 4

Alas, I became riveted to the Canada-U.S. women's hockey game Wednesday morning, and by the time I decompressed, my window of opportunity with the old cats had closed.

Oh well. Bring on the younger crowd.

Before lacing up the blades I figured I'd better get my skates sharpened. So I did, for \$6.

Six dollars! Why, I've had skates that didn't cost that much. Mind you, that was in the 1960s. And they were used. Still ... finally, skates sharpened, pulled on and tightened. It was show time.

I didn't remember skating being this taxing. At first, I blamed the chewed-up ice. But others were blowing by me like I was a wobbly 56-year-old, in large part because I was one.

But I hung in there for an hour, and went away with lessons learned.

To wit:  
A return to shinny hockey is a long, long way away.  
I need to arrive early for fresh ice.  
The special time for old cats makes sense to me.  
Curling seems a fun game to play.

Florida in February is very nice.

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## NOTICE OF PUBLIC MEETING DEVELOPMENT CHARGES BY-LAW & BACKGROUND STUDY

On Wednesday, March 19, 2014, at 6:30 p.m. in Pelham Council Chambers, the Council of the Town of Pelham will hold a public meeting, pursuant to Section 12 of the *Development Charges Act, 1997*, to present and obtain public input on the Town's development charges by-law and underlying background study.

All interested parties are invited to attend the Public Meeting of Council and any person who attends the meeting may make representations relating to the proposed by-law and background study. In order that sufficient information is made available to the public, copies of the proposed by-law and the background study are being made available as of March 1, 2014 from the Town Clerk, at the address set out below. Interested persons may express their comments at the Public Meeting or in writing, addressed to the Town Clerk, at the address noted below, prior to March 12, 2014.

Section 12 (1) of the *Development Charges Act, 1997*, stipulates that before passing a development charge by-law, the council shall:

- hold at least one public meeting;
- give at least 20 days notice of the meeting or meetings in accordance with the regulations; and
- ensure that the proposed by-law and the background study are made available to the public at least two weeks prior to the meeting or, if there is more than one meeting, prior to the first meeting, 1997, c. 27, s. 12 (1).

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### Walking Club - Everyone is welcome! - Feb 25 and Feb 27

Interested in walking in Pelham? Interested in joining a Walking Club? Then join us Tuesdays at Pelham Arena from 9-10 am and Thursdays at Fonthill Bandshell from 9-10:30 am. For more information, please contact (905) 892-2607 ext. 329.

### Arena Programs

Public Skating	Adult Public Skating	Adult/Preschool	Men's Shiny Hockey	Women's Shiny Hockey	Women's Learn to Play Hockey
Friday Feb 21 8:00 - 9:30 pm Sunday Feb 23 1:00 - 2:20 pm Tuesday Feb 25 7:30-8:30 pm Friday Feb 28 Cancelled	Thursday Feb 27 1:00 - 2:00 pm	Tuesday Feb 25 1:00 - 2:00 pm Friday Feb 21 10:00 - 11 am	Tuesday Feb 25 8:00 - 9:00 am Friday Feb 28 9:00 - 10:00 am	Monday Feb 24 10:00 - 11:00 am Thursday Feb 27 10:30 - 11:30 am	Thursday Feb 27 9:30 - 10:30 am
 <b>Please note:</b> There will be no Public Skate on Friday, Feb. 28 or Sunday, March 2 due to a hockey tournament.					

"Get Active for Life" Join us at a park near you! Participation is at no charge, but we do require a registration form be submitted.

	Monday	Tuesday	Wednesday	Thursday	Friday
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6:00 - 7:00 pm	Cherry Ridge Park (Walking)	Peace Park (Walking)	Pelham Arena (Walking)	Woodstream Park (Walking)	

For more information, please visit [pelham.ca](http://pelham.ca) or contact [jcook@pelham.ca](mailto:jcook@pelham.ca) or call 905-892-2607 ext. 329.

## COMMUNITY EVENTS & NEWS



February 26<sup>th</sup> is Pink Shirt Anti-Bullying Day - Join the Town of Pelham and the Pelham Mayor's Youth Advisory Council in raising anti-bullying awareness by wearing pink on the 26<sup>th</sup>!  
 See full details at [www.pelham.ca](http://www.pelham.ca) and find out how to participate at your local school and business.



**Farmers' Market Vendor Applications** - The Town of Pelham is currently accepting vendor applications for our 2014 Farmers' Market, which will run each Thursday starting May 1<sup>st</sup> and ending October 30<sup>th</sup>. Vendor stalls are \$30.00/week or \$200.00/season. Application packages are available on [www.pelham.ca](http://www.pelham.ca) and at Pelham Town Hall.

**Pelham Mayor's Gala Tickets Now Available** - On Saturday, May 24<sup>th</sup>, 2014, Mayor Dave Augustyn and community volunteers will host the Sixth Annual Pelham Mayor's Gala at Lookout Point Golf & Country Club. Tickets are "NOW" available and sell out fast! Individual tickets are available for purchase at \$135 each. Partnerships are also available through the "NEW" Mayor's Gala Champions Program. Please contact 905-892-2607 ext. 337 or [mtoscher@pelham.ca](mailto:mtoscher@pelham.ca).

**Pelham Tax Due Dates** - Mark your calendars for the first and second tax installments which are due February 28<sup>th</sup> and April 30<sup>th</sup>, respectively.

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## ■ COMMUNITY: Campaign helps funding for permanent home

### Gala for Good coming together for Port Cares

The committee behind the Home for Good Capital Campaign is getting ready to celebrate the generosity and positive response of the community in the quest for helping Pelham Cares with long-term viability.

The campaign committee is hosting the Gala for Good on March 1 at Look-out Point Country Club. The evening will feature live entertainment, including Niagara's own dance band The Deal, fine dining and dancing, along with a silent auction and other surprises, according to the committee.

While the committee has been actively challenging community groups, service clubs and churches to hold their own fundraisers during the three-month campaign, Pelham Cares decided to focus its energies on one big event, so as not to exhaust the generosity of the town.

The gala tickets are more than half sold, with the deadline to purchase set at Feb. 25, in order to properly plan all the details. The tickets cost \$125 each, and are available from the Pelham Cares office, at 905-892-5300, or [info@pelhamcares.org](mailto:info@pelhamcares.org); or from board member Tracy Holmwood, at 905-688-9224, or [atholmwood@miller-restoration.com](mailto:atholmwood@miller-restoration.com).

Those who are unable to attend but who still want to contribute can consider donating an item to the silent auc-

tion as well.

The Home for Good Campaign is now more than halfway through its three-month run, and has nearly climbed to 50% of its \$500,000 target.

The campaign is a one-time effort to fund the permanent home and long-term sustainability for Pelham Cares. After 30 years of operation without a permanent home, and without any steady sources of funding, having a building with a rental unit to help offset costs is the best-case scenario for the essential community service going forward, according to the board, who made the decision last fall to purchase the building at 191 Hwy. 20 East. Move-in date will be April 1 of this year, so the campaign will officially wrap up on March 31.

Pelham Cares has been renting space in the former Donut Diner on Hwy. 20, but the lease expires in August 2014 with no further chance for renewal.

The non-profit, volunteer-based organization operates a food bank, provides transportation to medical appointments, offers a youth subsidy program for recreational opportunities, and responds to Pelham residents in emergency situations.

For more information about Pelham Cares, and the Home for Good campaign, visit [pelhamcares.org/capital-campaign.htm](http://pelhamcares.org/capital-campaign.htm).



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# LOCAL NEWS

## IN BRIEF

### Cash, drugs seized in raid

About \$8,400 worth of cocaine, plus other drugs, was seized by police during a raid on a Hwy. 20 apartment in Pelham. Niagara Regional Police since last month had been investigating alleged drug deals being made by a male throughout Niagara.



This photo supplied by Niagara Regional Police shows drugs and other items seized during a Hwy. 20 apartment raid Wednesday.

Police executed a search warrant Wednesday, leading to the arrest of two people. In addition to the cocaine, police said they seized \$1,975.00 worth of marijuana, \$130 in prescription pills more than \$200 in powder MDMA (ecstasy) and \$4,645 in cash.

Police also seized a prohibited weapon and numerous paraphernalia associated with the sale of drugs.

Paul Sentinelli, 31, and Samantha Yarrow,

23, both of Pelham are each charged with four counts of possession of a controlled substance for the purpose of trafficking, and possession of proceeds of property obtained by crime under \$5,000.

Sentinelli is also charged with carrying a concealed weapon, and possession of a prohibited weapon.



SOURCE: NIAGARA REGIONAL POLICE

These two men shown in a surveillance image are suspects in a Jan. 8 theft of electronics merchandise from the Welland Walmart store.

### Walmart theft suspects wanted

Two men are wanted by police in connection to the theft of electronic items from the Welland Walmart store.

Niagara Regional Police said two men entered the electronics department at 102 Primeway Dr. at about 4:45 p.m. on Wednesday, Jan. 8, selected items and left the store without paying for the merchandise.

Police have not indicated what was stolen.

Anyone with information about the suspects shown in the accompanying photo are asked to call police at 905-735-7811 ext. 3300 or

Niagara Crime Stoppers. A photo gallery showing more suspect photos can be found at [www.wellandtribune.ca](http://www.wellandtribune.ca).



DANIEL KIRKEY

### Arrest warrant issued

Niagara Regional Police are turning to the public for help in locating 55-year-old Daniel Kirkey for whom an arrest warrant has been issued. Kirkey is wanted for failing

to comply with a probation order. Kirkey has 16 criminal convictions including five for sexual assault with a weapon, police said.

The last known address for Kirkey was Morrison St. in Niagara Falls (December 2013).

Police believe he has left the region and may be in the Hamilton area.

Anyone with information is asked to call police or Crime Stoppers at 1-800-222-TIPS.

### Crack sold from rental vehicle

Surveillance on a rental vehicle from the Greater Toronto Area lead Niagara Regional Police Wednesday to cocaine and cash.

Police said they received information that two males were dealing cocaine in Niagara Falls and using a



Richard Brown  
SALES REPRESENTATIVE

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rental vehicle to conduct their business.

Detectives located the vehicle and observed it driven throughout Niagara Falls and conduct short visits with people in parking lots.

Detectives moved in and arrested two people. Police seized \$600 worth of crack

cocaine and a quantity of cash.

Courtney Hunter and Desmond Smith, both 26 of Brampton, are each charged with possession of a controlled substance for the purpose of trafficking and possession of proceeds of crime.



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# LOCAL NEWS

## ■ AGRICULTURE

# National icewine harvest standard applauded

ROB HOULE

QMI Agency Niagara

A move to standardize how Canadian icewine grapes are harvested is being hailed by Ontario stakeholders.

Winery and Grower Alliance of Ontario president and

chief executive officer Patrick Gedge said the standardization brings icewine grape harvesting in line with how things are done in Ontario.

The new national standard requires that the frozen grapes be harvested directly from the

vine. "Where the issue became particularly pertinent in Canada was that there were some producers in Quebec that were actually clipping the icewine grapes off of the vine and putting them into a net, and then bringing them in

when it got colder than -8°C," Gedge said. "And that's why it's absolutely key that the definition of icewine be qualified, so that the grapes actually have to be picked from the vine itself at minus 8 or colder."

Gedge said Quebec growers did this because of the large amount of snowfall received there that makes it more difficult to manoeuvre in the vineyard.

"This circles back to issues of being able to assure consumers that when you see the word icewine you know exactly what it reflects and how it was grown and picked and pressed," Gedge said.

"It's really important because Canada did not have a standard for icewine. And while various provinces did, we wanted to make sure we had a consistent definition for the entire country and that that definition was consistent with other definitions in other countries and found in international agreements."

Grape Growers of Ontario CEO Debbie Zimmerman concurs.

"It's something we've been working toward with the federal govern-

ment for a number of years to ensure the authenticity of grapes naturally frozen on the vine," Zimmerman said. "And that's what we really wanted to do, was set some standards so that we could compete and ensure the credibility of our high-value product. It's really important that you have those standards to be able to meet world-class standards elsewhere when you're exporting your product."

Gedge said it's important consumers know the wine industry's "most premium" product is made following an industry standard.

"You want to make sure there's absolute consistency," he said.

Gedge said the new Canadian standard is in line with "wine agreements with other countries, including the European Union."

"We want to make sure that no matter where you buy icewine in the world, we all have the same quality and the same standards relative to what makes it icewine, as opposed to another type of wine," Gedge said.

rob.houle@summedia.ca  
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# CALNEWS

■ **ECOLOGY:** Habitat loss, climate among factors in decrease in butterflies



The monarch butterfly population has dropped sharply in recent years. A pair of Niagara experts point to a long list of likely causes.

## What's happening to the monarchs?

ROB HOULE

QMI Agency Niagara

The monarch butterfly is in trouble. Scientists report the population of the orange and black insect is down 44% in its Mexican wintering grounds, meaning fewer will make the 4,000-kilometre migration to Canada.

A number of factors are at play in the monarch's decline, say Brock University researcher Liette Vasseur, a professor in the department of biological sciences, and Cheryl Tyndall, curator of the Butterfly Conservatory in Niagara Falls.

"They said loss of habitat, the use of herbicides and insecticides, climate change and urban sprawl all have a role.

"I think the main cause is habitat destruction," Tyndall said. "One of the things is urban expansion — the cities are moving out and out and covering up a lot of what used to be wild meadows and fields."

Vasseur and Tyndall said illegal deforestation in the Transverse Neovolcanic Belt region of central Mexico, where the butterflies congregate for winter, is a problem.

"For a long time, (the area) was protected," Vasseur said.

"These were nice tropical forests and gradually, with economic growth ... habitat loss became a huge issue."

Vasseur and Tyndall said human eradication of the milkweed plant is another contributor to the monarch butterfly's demise. In addition to eating milkweed, the insects lay their eggs in the plant.

Vasseur said the tendency over the years has been for people to cut the weeds before they can spread.

"It was the normal habit of most people," she said. "So gradually, we have destroyed the population of milkweed to a point that many places are trying to replant it to be able to help the monarch butterfly."

Tyndall said an increase in soybean and corn production using herbicide-tolerant seeds has had an effect. These seeds allow farmers to spray their fields with herbicides that destroy all weeds and grasses without killing their crops.

"So we can spray herbicides and those crops grow, but milkweed doesn't," Tyndall

said. "So what used to be the odd strand of milkweed in the middle of a corn field, the soybean field, and was a nice habitat for a monarch butterfly, no longer exists."

She added the farmers' practice of using every available patch of dirt to farm has contributed to a decrease in the plants insects rely on.

"When you used to drive along the roadside in a farming community, there would be a fair distance between the road and the fence before the farmer's field," Tyndall said. "Now most of the time, there isn't a fence and the fields come up pretty close to the edge of the roads, especially when you get into large expanses of acreage in your central plain areas in the U.S. and Canada."

"So they're farming road edge to road edge and there's no corridor that used to exist of dead wild natural habitat that was full of nectaring plants for the adults and milkweed for the caterpillars."

Vasseur said the province and municipal governments contribute to the dearth in milkweed by indiscriminately mowing the plants in roadside ditches.

Vasseur said a Brock student explored several fields in Niagara last summer, but could find only four monarch butterfly pupae (egg, caterpillar, pupa, butterfly).

During its yearly butterfly count, Norfolk County Naturalists saw only four monarchs in July 2013, an all-time low. Since 1992, the group says on its website, it has averaged 50 sightings per year.

Tyndall said a colder than usual spring in Mexico in 2013 delayed the monarch butterfly's migration north and that they were not seen in Niagara until July, whereas they normally arrive in May or June. The third or fourth generation of the monarchs that leave Mexico make it to Canada. Two generations sock up the warmth here before heading back to Mexico.

Vasseur said an inordinate amount of hurricanes and tornadoes in the U.S. last year contributed to the small amount of monarchs that made it across the border.

"It's not just one thing contributing, it's many factors," she said.

QMI AGENCY FILE PHOTO

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## LAW

# Surgeon restricted after sex abuse allegation

An orthopedic surgeon from Ontario has been barred from being alone with female patients, after an allegation that he sexually abused an 18-year-old woman.

Although the allegations against him have not been proven, the College of Physicians and Surgeons of Ontario imposed restrictions on Dr. Jamal Rakem on Jan. 31 preventing him from any professional encounter with female patients of any age in any jurisdiction, unless they are in the presence of a female regulated health professional approved by the college.

The CPSO discipline committee has yet to schedule a date for the hearing looking into professional misconduct allegations against Rakem, listed on a Notice of Hearing

posted on the college's website.

The Notice of Hearing says the allegations against Rakem stem from a June 12, 2012 incident involving an 18-year-old female patient.

Rakem was unavailable to comment. His office receptionist said he'd taken a few months off.

Wirewalker Nik Wallenda, his wife and other members of his family will be performing shows this summer at the Darien Lake theme park near Buffalo.

The announcement was made Wednesday by park officials.

Plans include Wallenda and other aerialists performing twice daily from June 23 through Labour Day on Sept. 1.

The 60-minute shows will take place inside the park's Galaxy Theatre. There will be no shows on Mondays.

"The level of entertainment my guest will bring to our guests this season is unprecedented," said Vince Nicoletti, director of mar-

keting at Darien Lake. "Nik Wallenda holds seven world records and he's coming with the world's best aerialists and stunt performers in tow. This truly will be an incomparable entertainment experience."

Wallenda walked across Niagara Falls on a high wire

on June 15, 2012. The event was viewed around the world by 13 million people. Last year, he also walked across the Grand Canyon.

"My family and I are thrilled to be back in the area and spending our summer at Darien Lake," said Wallenda.

"With more than one million people coming to the park every season, it's the perfect location for our act and we can't wait to get started."

All performances are included in the price of park admission and for Darien Lake vacation guests.

## MEDIA

## Shark Marine gets high profile TV exposure

DON FRASER  
QMI Agency Niagara

A big bite of TV exposure for Shark Marine Technologies has showcased the firm's cutting-edge equipment.

A sequence filmed at Brock University highlighted the MAKO Diver Delivery System made by the St. Catharines company.

The five-minute segment was aired on Discovery Channel's show *Daily Planet* on Feb. 6.

It featured company co-owner and CEO Jim Garrison and a testing of the underwater, sled-like device. It has a GPS inside, and can direct the diver to a specific location underwater.

"If we can make it work here (in the pool), we can make it work anywhere," Garrison says, just before the successful autonomous tests. The segment also shows how MAKO interacts seamlessly with divers.

The clip adds MAKO is designed for underwater search-and-rescue as well as covert operations. It also features scenes from the device in actual field use by divers.

Company co-owner Wendy Garrison said the firm has been featured on networks like the History Channel and "a couple of other shows."

"But this is our first for *Daily Planet* and it's a pretty nice feather in our cap."

Shark Marine has been manufacturing oceanographic equipment since 1984 and now has 19 employees. It also provides related underwater services.

Its devices sold around the world include a SeaSAR multi-sonar search and recovery system, an underwater remotely operated vehicle, camera systems and the new MAKO.

They are used for shipwreck and other marine explorations, as well as search-and-recovery efforts.

Its big clients include law enforcement, the military, commercial diving outfits, film production companies and science-and-research firms.

To visit the *Daily Planet* clip, click on [www.sharkmarine.com/products/mako.htm](http://www.sharkmarine.com/products/mako.htm).

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# LOCAL NEWS

## COURT

# Maddie's killer gets life

KARENIA WALTER  
QMI Agency/Niagara

This cannot be true. This cannot be my life. This is all a horrible dream.

Every morning, Maddie Hood's mother wakes with these thoughts.

Then she forces herself to envision her 19-year-old daughter in the coffin, covered up to her neck to hide all the wounds.

"This is the image I will forever see as I try to learn to accept the reality of my life without Maddie," Colleen Hood said in court Tuesday.

Maddie's killer, Cassell Farnsworth,

was just 19 at the time himself, was sentenced to life in prison with no chance of parole for 12 years.

He pleaded guilty to second-degree murder in November for the July 7, 2012 death of Maddie in her St. Catharines apartment.

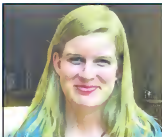
But Farnsworth wasn't being led away until the people who loved Maddie told him exactly what he had taken from them.

An affectionate, loving girl with a witty sense of humour. A voracious reader about to start at Brock University. Outspoken, stubborn, unconventional, emotional, fiercely loyal,

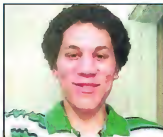
serious, funny, brilliant.

Her mother was the first to deliver an emotional account of her relationship with her daughter, standing in court for more than 20 minutes while friends and family wept.

"She loved me without reserve, in a way that only daughters love their mothers," she said. "I will never be loved in that way again." The murder has decimated Hood, a professor at Brock who says she's now a shadow of her former self. It has filled her father, who made the trip from British Columbia, with a profound sense of loss. It has devastated her family



MADDIE HOOD



CASSELL FARNSWORTH

from the west coast to the east.

Even the judge could not disguise the emotional impact he felt from 10 victim impact statements.

"When I became a judge, I was told you shouldn't show emotion in a courtroom. Whoever said that has never been a judge," Superior Court Judge James Turnbull said, his voice cracking.

He said everyone in the courtroom, including the staff, were moved.

"As a father, I can't even fathom what you folks are going through."

All while, a smiling Maddie looked out on the scene from a picture frame perched on the witness box, where her mother had placed it.

She was found dead by firefighters in her rented basement apartment on East Hamilton Dr., off Glendale Ave. east of Glendale Ave.

She had been beaten, strangled and stabbed multiple times, before her apartment was set on fire, leaving burns to 20% of her body.

The cause of death was due to neck com-

pression.

The court heard Maddie and Farnsworth had previously been involved in a romantic relationship. Hood was involved in low-level drug dealing, selling mostly marijuana and some cocaine supplied by Farnsworth. At the time of her death, she owed Farnsworth an undisclosed amount of money.

Farnsworth, now 21, chose to address Maddie's family from the prisoner's box.

"I want to express how sorry I am for what I did to your family," he said, facing her mother as he read from a paper in his shackled hands.

He said he didn't plan for this to happen when he visited Maddie that day, adding she was a really good person and a lot of people liked her.

"I don't expect any of you to forgive me. All I can hope for is you one day find peace."

He then turned and apologized to his family, who sat on the opposite side of the courtroom, and told them he loved them.

See HOOD on Page 19

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# LOCAL NEWS



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## ■ INTERGALACTIC NEMESIS: Cast performs sci-fi tale live

### Comic book comes to life on stage

**JOHN LAW**  
QMA Agency Niagara

It's a comic book with sound effects. Or a comic book with visuals. Or perhaps it's multimedia theatre.

Part of the fun with *Intergalactic Nemesis* is discovering just what the heck it is.

For producer and director Jason Neulander, it's a sci-fi mishmash born out of necessity. The former artistic director of Salvage Vanguard Theatre in Austin, Texas, was scraping for work five years ago when he was offered the chance to put the radio play he was working on into a 4,500-seat theatre.

As he recalls, he wasn't sure how to do it, "but I was desperate for this gig."

Freaky good fortune followed: He envisioned turning the story into a theatrical comic book just as a producer said he had a projection system available.

The result was a live-action adaptation of a cheeky comic set in the 1930s about a reporter who uncovers an alien race of sludge monsters. Book One was performed last year, and now Book Two, *Robot Planet Rising*, is coming to Brock University's Sean O'Sullivan Theatre on Thursday, Feb. 20.

With comic book panels projected onto a gigantic screen behind them, a trio of performers, a keyboardist and

a sound effects guy bring the story to life on stage. The show has been featured on Conan O'Brien's show, and has received an ecstatic response from theatre and comic fans alike.

Neulander doesn't even consider himself a comic buff — he grew frustrated with prolonged story arcs — but quickly grew fond of graphics novels after some prodding from the show's keyboardist. Here he found mature, self-contained stories which could thrill a live audience, if given the chance.

"It was like ... how much do you enjoy doing puzzles. That's how I looked at it."

While there's humour in the show, Neulander says it's not a campy production. The story is inspired by *Raiders of the Lost Ark*, and even the stories which inspired *Raiders*.

Comic readers have latched onto the show, and Neulander insists on signing every bit of merchandise fans bring to him after each performance. The devotion has him taking different ways of telling the continuing story without prolonging it on stage — after one more show, he'll close the book on it.

"My feeling is, *Star Wars* would be best left as a trilogy."

john.law@sunmedia.ca

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■ **HOOD**

# Court staff, spectators moved by emotional testimony

From Page 13

"He made a terrible mistake that he'll have to pay for the rest of his life," his lawyer Michael DeGobbo said.

Reference letters from Farnsworth family described a loving brother and son who grew up without a father and stepped up, walking his sister to school and always looking out for her.

A good student, he graduated from Sir Winston Churchill Secondary School as an Ontario Scholar and was working full-time at Travelodge until the day of the murder, by all accounts an excellent worker.

His mother wrote that when she received the call from police, she could not believe her son was capable of what they were saying.

"This incident has changed all of our lives,"

Rebecca Farnsworth wrote.

The judge told Farnsworth he hoped he understood the ripple

effect of his "savagery" and "shameful" actions.

"Don't ever underestimate what

you've done."

karena.walter@summedia.ca

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R.Ph. B.Sc. Pharm



RON PARTON  
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## Ask Our

# Pharmacists

## PHARMACISTS NOW ABLE TO EFFECTIVELY IMPROVE YOUR HEALTH THROUGH EXPANDED SCOPE OF PRACTICE

As a result of new regulations governing the practice of pharmacy in Ontario, pharmacists are now able to as more deeply involved in your medications and management of your medical conditions. The new regulations came into effect last October allowing pharmacists to make use of their unique knowledge. This is great news for both pharmacists and you, their patients. It will allow pharmacists to be an even more integral part of your medication management and it will provide you with greater convenience as pharmacists are easily accessible in the community.

There are five main areas that these changes will affect:

1. PHARMACISTS CAN PRESCRIBE SEVERAL EFFECTIVE MEDICATIONS TO HELP YOU QUIT SMOKING. PATIENTS WHO MAY WISH TO TRY THIS METHOD OF QUITTING CAN NOW BE ASSESSED BY THEIR PHARMACIST – WHO WILL USE THEIR PROFESSIONAL JUDGEMENT TO DECIDE IF IT IS RIGHT FOR YOU. THIS MEANS THAT YOU WILL NOT HAVE TO WAIT TO SEE YOUR DOCTOR IN ORDER TO GET ON THE PATH TO BECOMING SMOKE-FREE AND THE PHARMACIST CAN BE INVOLVED THROUGHOUT THIS SOMETIMES DIFFICULT PROCESS.

2. PHARMACISTS MAY BE ABLE TO RENEW YOUR PRESCRIPTIONS WITHOUT YOU HAVING TO SEE YOUR DOCTOR FIRST. YOUR CONDITION AND YOUR MEDICATIONS MUST BE STABLE. FOR EXAMPLE, THIS MAY APPLY TO PATIENTS WHO HAVE WELL-MANAGED CHRONIC CONDITIONS LIKE CHOLESTEROL OR HIGH BLOOD PRESSURE. (THIS NEW REGULATION DOES NOT APPLY TO NARCOTICS AND SIMILAR SUBSTANCES AND DOES NOT ELIMINATE THE NEED TO SEE YOUR DOCTOR FOR PROPER FOLLOWUP AND MONITORING).

3. PHARMACISTS MAY ALSO MAKE CERTAIN CHANGES/ADAPTATIONS TO YOUR DOCTOR'S PRESCRIPTION IF NECESSARY BASED ON PROFESSIONAL JUDGEMENT. FOR EXAMPLE, THEY MAY CHANGE THE DOSAGE FORM (TABLET/CAPSULE/LIQUID) OR THEY COULD ALTER THE DOSING REGIMEN AND POSSIBLY EVEN THE ODS TO SUIT YOU BETTER. AS ALWAYS, ANY CHANGES WOULD BE DONE WITH YOUR CONSENT AND THE PHARMACIST WOULD SHARE THEM WITH YOUR DOCTOR.

4. PHARMACISTS CAN NOW BE OF EVEN GREATER ASSISTANCE IN HELPING TO DEMONSTRATE HOW TO USE YOUR DEVICES. IF YOU ARE A PATIENT WHO USES AN INHALER OR HAS SELF-ADMINISTERED INJECTIONS, YOUR PHARMACIST CAN NOW USE THE REAL DEVICE TO SHOW YOU HOW TO USE IT, RATHER THAN USING A MODEL ONE. PHARMACISTS WHO ARE ABLE TO ADMINISTER INJECTIONS IN ORDER TO TEACH YOU HOW TO USE THEM HAVE COMPLETED A TRAINING PROGRAM.

5. SPECIALLY TRAINED PHARMACISTS CAN ADMINISTER THE FLU VACCINE TO PATIENTS FIVE YEARS AND OLDER. THIS WILL PROVIDE PATIENTS WITH MORE LOCATIONS AND GREATER EASE OF ACCESS TO THE VACCINE.

As usual, your pharmacist will make these decisions based on your specific situation, so it is very important to give them as much information about yourself as you can. They need to know about all of the medications you are taking, including anything over-the-counter or any vitamin/minerals that you use. Also it is important to talk to your pharmacist about your lifestyle (eg. the foods you eat and the exercise you do) so they can get the full picture in order to make the best decisions for you.

Pharmacists have always been a wonderful source of information and support for patients regarding how to best manage their medications and their medical conditions. Now that the role of pharmacists has expanded to allow them to have more involvement with their patients, it will be easier than ever for patients to maintain good control of their conditions and medications.

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### FEBRUARY 20

#### LEGO

at Wainfleet Township Public Library 6 p.m. to 7:30 p.m. Children of all ages can drop-in during this time to build a Lego or Duplo creation. Please do not bring your own Lego.

### FEBRUARY 21

#### TRIVIA NIGHT FUNDRAISER

for Pelham Centre School, 6:30 p.m. at Old Pelham Town Hall, 491 Canboro Rd. Tickets are \$10 and include games, pizza and snacks. Also available: cash bar, 50/50 draw, silent auction, door prizes. Put together a team of eight for a fun night out.

#### FISH FRY

at the Royal Canadian Legion Legion Branch 4 banquet hall, 4 p.m. to 7 p.m. Haddock, french fries, cole slaw and bun for \$9 a person.

### FEBRUARY 22

#### WRITING WORKSHOP

with Larry Brown at Pelham Public Library. Bring your pen and lots of paper, or your laptop, and your enthusiasm. Suitable for beginners and more experienced writers. Brown, or Brantford, is the author of two story collections, Talk (Oberon Press 2009) and Satellite (eBook, Kobo Books 2012). This event costs \$50 and runs 10 a.m. to 3 p.m. Register in advance.

#### SOUPERIFIC TASTING

Receive your passport to sample eight soups from around the world, at Central United Church, 12 Young St., Wainfleet. Sittings at 11 a.m. and noon. Tickets are \$10 in support of Wainfleet Heritage Council and Multicultural Centre. Call 905-732-5337 for tickets; only 300 available.

#### CHANGE YOUR MIND

Change Your Life Workshop. Emotional

Freedom Technique is an energy tool to clear stress and anxiety; breaking free from negative thinking and low self-esteem. Time 1:30 p.m. to 4:30 p.m. at Welland Community Wellness Complex, 145 Lincoln St. Cost \$20. Call 905-788-3215 to reserve a space.

#### PROGRESSIVE EUCHRE

hosted by Fonthill Lionsess at the Fonthill Lions Hall, 7 p.m., \$5 a person. Light meal served. Prizes.

### FEBRUARY 24

#### ADULT BOOK CLUB

at Wainfleet Township Public Library at 6:30 p.m. This month's selection is Annie Freeman's Fabulous Traveling Funeral, by Kris Radish. To obtain a copy of the book, please register as a book club member.

#### THERAPY TAILS

is at Port Colborne Public Library, 6:30 p.m. to 7:30 p.m. Children are invited to drop by and tell a tale or two to a Therapy Tails dog.

#### PELHAM HORTICULTURAL

Society meets 7:30 p.m. at the Fonthill library. Tony Post, sales consultant at Valleybrook Gardens, speaks on new perennials for 2014.

#### WAINFLEET HISTORICAL

Society meets 7:30 p.m. in the Patrons of Industry Hall in Marshville Heritage Village. The topic will be Appalachian history on the Blue Ridge Parkway, presented by WHS members Roland Meisel and Beth Jeffery. Everyone is welcome. For more information, call 905-386-6978.

#### HEARING CLINIC

Connect Hearing will be at Pelham Public Library giving free hearing screenings and answering any questions. Free but please schedule your appointment ahead: 905-892-6068. Runs 10:30 a.m. to 1 p.m.

*Continued on Page 22*

## WANT YOUR NON-PROFIT EVENT INCLUDED?

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# PELHAM GATEBOOK

From Page 20

## FEBRUARY 25

### AFTER CANCER, NOW WHAT?

Cancer survivorship is a broad term that actually begins at diagnosis. It describes experiences patients must deal with throughout their cancer journey. These challenges can affect mind, body and spirit. Join Lorraine Hulley, a radiation therapist and health advocate from Niagara Health Partners, to learn about the challenges survivors face and the resources that are available to manage the "new normal" this takes place at Pelham Public Library at 1:30 p.m. Cost \$2.

Register in advance.

## FEBRUARY 26

### THE BLIZZARD OF '77

Erno Rossi, author of *White Death: The Blizzard of '77*, evokes the triumph and tragedy of the regional natural history event of the 20th century through photos and personal stories during his 7 p.m. presentation at Dunville Public Library. Admission is free, donations welcome. Reservations are required. E-mail [dunvilleheritage@gmail.com](mailto:dunvilleheritage@gmail.com) or call 905-701-8238.

### FILM BUFFS

discussion group meets at Port

Colborne Public Library, 2 p.m. to 4 p.m. Members watch films at home and then join the group for discussion and review. All films to be discussed are available in DVD format to borrow from the library. Call 905-834-6512 for details.

### PAINTING WITH MARGARET

at Port Colborne Public Library, 9:30 a.m. to 12:30 p.m. For adults of all ages: \$10 a person. Bring your own paint brushes. Pre-register at the library.

### TAX PLANNING SEMINAR

at Pelham Public Library to address your questions about tax changes, review commonly overlooked opportunities when filing and pass along some strategies that are easily

implemented in preparation for future years to save you money. Time 6:30 p.m. Free, but register ahead.

## FEBRUARY 27

### CLASSIC BOOK CLUB

at Wainfleet Township Public Library, 2 p.m. to 3 p.m. Join us for afternoon tea as we discuss the works of classic literature. This month's selection is Alice's Adventures in Wonderland, by Lewis Carroll. To obtain a copy of the book, please register as a book club member.

### FAMILY MENTAL HEALTH

Education Coping Skills Workshops at Port Colborne Public Library, 6:30

p.m. to 8:30 p.m. These workshops are intended for families and significant others who have an adult relative who is dealing with a serious mental health problem and/or co-occurring disorder. All workshops are free. Registration is required. Call 905-894-6886.

## FEBRUARY 28

### FREE CA TAX CLINIC

at Port Colborne Public Library. Free tax return preparation. Call the library at 905-834-6512 to see if you qualify and to book an appointment.

Continued on Page 25

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## How well is your retirement plan being managed?



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FINANCIAL VIEW  
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We're now well into 2014 and many of those well-intended New Year's resolutions have been strained or maybe even forgotten. But if one of your resolutions was to save for retirement or to get your financial house in order, it's not too late!

The deadline for 2013 retirement savings plan contributions is only two weeks away. This year, it's March 31st. I'm sure many people are getting calls from their Financial Advisor or Bank/Credit Union to book an appointment and get those last minute retirement contributions in for the tax season. How long has it been? Was the last call from them about 12 months ago? Sadly, this is the case for many investors.

Large financial institutions often hold internal competitions for their staff to get as much money brought in as possible during this time. Pre-determined targets are set and bonuses are received if and when these targets are met or surpassed. That's why the phone calls are ratcheted up starting in mid-December. The focus is not on the client but rather on the branches ability to increase revenue. It's not all negative though...It gets Canadians thinking about their retirement, which is always a good thing. Once the money is in and invested, the target pressure is over. Far too often, so is the focus on managing that money.

A dedicated Financial Advisor actively manages money throughout the year to ensure their client's retirement and financial goals stay on track. You may be contributing to your retirement plan, but how much does your Financial Advisor contribute to your plan, metaphorically speaking?

"Actively managed" means the Financial Advisor makes recommendations and invests according to the client's risk tolerance, not just in the first two months of the year but all year round. It means that the selection of investments bought and sold within the plan are based on financial markets and client comfort. It means that the client is educated on the investment product and not investing on a "hype of faith".

"You may be contributing to your retirement plan, but how much does your Financial Advisor contribute to your plan?"

When it comes right down to it, actively managing a client's portfolio means that the Financial Advisor reviews and evaluates the investments of his or her client on a regular basis. They meet with the client during the year to discuss the retirement or investment plan and make sure it continues to move in the

right direction, revising investments where necessary.

If this isn't happening with your retirement or investment plan, perhaps it's time to consider moving your account. In the very least, a second opinion might be in order. To arrange a free no obligation review of your portfolio, or to discuss this article, call me at 905-892-2100, contact me at [larry.gallant@queensbury.com](mailto:larry.gallant@queensbury.com), visit my website at [www.gallantfinancial.ca](http://www.gallantfinancial.ca).

Larry J. Gallant is an independent investment advisor with Queensbury Securities Inc., a member of the Canadian Investment Protection Fund and the Investment Industry Regulatory Organization of Canada.

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**President's own story: 15 years ago I started to have arthritis, prostate, kidney, snoring and sleep apnea problems, which have all helped quickly with natural health products. I made it my life's purpose to help others. Nick A. Jorch**

## Prevent COLDS & FLUS

**NPN 6036946. To help immune function.**

The only cold medicine is a money-back guarantee. Four medical doctors that wrote in their book **SHARK LIVER OIL** tell you can prevent colds and flus. Dr. Hubert wrote since his own high-school age children took shark liver oil they have no more colds. Dr. Halmes's grandchildren have been taking shark liver oil for 6 months and they have no more infection or any kind of cold. **Read many testimonials on the Bell website:** "I had 3-4 flus every winter. None last 5 years." "Amazing! All of us have no colds." "No more asthma, no puffing, no cold, no flus, changed my life!" In North America this is a by-product from the seafood industry. No sharks are caught for their liver or their cartilage. **No more colds, also no eczema disappeared!** Last 2 years I would get colds often due to stress as I am an athlete and body builder. After starting Bell Shark Liver Oil #51 I had no more colds or even a sign of a cold. Dennis Tudes, 23, Kent, WA



#51

## Virus Viral Infections

**NPN 80042655. Helps to reduce the recurrence of cold sores.**

By Dr. Chahik Hammond, M.H., Ph.D.

Arises with sexually transmitted diseases, cold sores and influenza, 90% success rate per Dr. C. Hammond. Heroin pain base that has the ability inhibit virus replication in our bodies. By shutting the replication down, the virus becomes inactive and therefore is not causing the body further harm. May help with HIV.

**Truthful statements from real people:**

**Registered Nurse's discovery! I'm happy to have made the discovery that if I feel the first signs of a cold or flu like symptoms, I take Virus Viral Infection. It stops it right away. This product has been a great alternative. We know allopathic medicine does 4/2 there is a cure for viruses, but nature does, using God's pharmacy is the way to go.** **Janine Doodts, 45, Clifford, ON** **a First product that worked!** I have been getting cold sores a number of times a year and spent a fortune on many products that did not help me. Your Bell Virus Viral Infections helped me so much. I love it. **Shannon B. Evans, 40, Panama City Beach, FL** **No more cold sores, no more colds!** My kids had one when I felt a cold coming on so I started taking Bell Virus Viral Infections and the cold stayed away. Another great bonus about this product is I haven't had a cold sore after I started taking it. I was getting them so often and now they stopped. Thanks a ton!!! **Carrie Shoebart, 32, Deloraine, MB**



#63

**NPN 8003585.**

**Helps to activate naturally millions of stem cells from our own bone marrow.** The increase in stem cells released from the bone marrow into the blood stream have the potential to become other types of tissue cells with specialized function. Stem cells will multiply and are able to become heart cells, liver cells or any other organ. Located everywhere in our body, stem cells are even under our skin layered between the epidermis and dermis. This is why an increase in stem cells under our skin may help to create a more youthful cell that would replenish elastin and collagen and thus may make us look younger. If our bone marrow does not produce enough stem cells this can result in many illnesses, especially a weak heart, kidneys, liver, pancreas, in fact all healthy functions of our body are decreased. Sufficient stem cells in our body has a great potential of self-repair and the ability to regenerate tissues.

**Women looking for anti-aging help!** We all want to slow down aging. After using a cleansing effort, I'm delighted. **Leona McCormick, 50, Calgary, AB** **All around healing effort!** The first thing I noticed after starting Bell Stem Cell Activator #63 was that my skin feels firmer and stronger. My friends commented that my skin looks more vibrant. My doctor is very happy physical test that my blood pressure is significantly lower. Many good things are happening. **Joy Davison, 62, Calgary, AB** **Best natural medicine I ever took!** First day of using the Bell Stem Cell Activator my energy levels were way up. No more afternoon slumps. A friend stopped me asking me what I was using on my skin. My pain in hip is gone. My pants got loose. **Christine Blythe, 54, Hamilton, ON**

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# CURCUMIN

NPN 6003470.  
Herbal medicine to aid digestion.



#7

Helps with back pain, inflammation, stomach troubles, strengthens heart muscle and circulation, reduces nervousness and insomnia.

**With Cayenne pepper.** Dr. D. Sevan-Schreiber M.D. writes in his book "ANTICANCER" pepper multiplies the body's absorption of curcumin by two thousand times.

**Actual Results. ■ Lower back pain relief.** took 2 capsules and 1 at night. Relief morning back pain was completely gone. Heading out and drugs did not help. **Valerie Peoples, 53, Jonesboro, GA** **■ Parking ticket officer** had stress relief, no more angry chest pain, increased blood circulation in cold weather, has now also warm hands and feet. **Joel Prehls, 47, Windsor, ON** **■ For 30 years had inflammation** in my foot from ball games. A good Turmeric was recommended (Curcumin is an extract). After 1 day had 50% pain relief. I was amazed how quickly I took effect. As a bonus had other health benefits including insomnia relief. **Dan DeZure, 42, Markham, ON**

## Inflammexx

NPN 80041845 An anti-inflammatory to help joint pain. By Dr. Chahik Hammond, M.H., Ph.D.

**People write us it helps with all kinds of inflammation. ■ For the last 7-8 years I had inflammation in my spine L4 & L5, back and neck muscles that was unbearable and almost crippled me.** After starting 770 for 30 days I gave me relief like a miracle. Most pain has disappeared and I can now function again. **Heather Tremblay, 53, Medicine Hat, AB** **■ Had "Charlie horses" bumps on my legs that were very painful.** I tried everything. After taking 770 the bumps diminished and I had no more pain. **Myriam Grigo, 67, Thiras, NM** **■ I had shingles for 30 years.** After taking 770 for my shingles I discovered it also relieved my frozen shoulders. I can now raise my arms above my head, exercise and do all work again. I am ecstatic. **Lovett M. Brown, 60, Round Bay, NJ** **■ Big difference in chronic nerve pain.** After 15 years all over my body, especially sciatica, osteoporosis, gout, I had great relief within 1 week. **Cecile Sager, 66, Vermer, ON** **■ Inlamed achilles tendon relief in 2 weeks.** I am back on the court playing basketball. **Inflammexx is amazing.** Alan R. Spady, 67, Bethel, WA

#70

## STOP HAIR LOSS



#77

**Dr. C. Hammond, Ph.D. recommends:**

**To reduce or stop hair loss for men and women**

**With powerful DHT block,** the recognized #1 cause of hair loss. A Unique combination of ingredients make it a guaranteed superior product. ■ Helps to regenerate your hair for a fuller and thicker appearance. ■ Early prevention of baldness for those that have a family history. ■ Pattern baldness (Androgenic Alopecia) is caused by an overactivity of hormones DHT (Dihydrotestosterone).

It damages hair follicles over time unless preventive action is taken. ■ Help for people who are on radiation or chemo therapy or taking other drugs that cause hair loss.

**Many testimonials on the Bell website: ■ "My hair has stopped falling out...and my hair looks shinier and healthier."** **■ After 30 days use I noticed I am losing less hair! My hair now looks fuller and the texture has improved."** **■ Hair loss was noticeably reduced with first bottle!"** **■ After using Bell Stop Hair Loss #77 for 2 weeks my hair was not as thin and oily and at the end of the treatment of 2 months my little bald spot on the back of my head was growing over with little hair. This product helped to restore my youthful look."**

**■ First product that worked for me.** I have tried many other methods and haven't seen any results. With #77 I noticed a difference within a few weeks.

Thank you Bell, Paul Scivolotto, 40, Markham, ON.



#71

## ARTHRITIS

NPN 80042283 Helps to relieve joint pain associated with osteoarthritis.

**Truthful actual experiences from real people:**

**■ For 40 years I had injections and drugs and finally Bell Shark Cartilage #71 seemed to be the endless torture. I suffered day in and night. ■ Pel Leach, Colchester, ON** **■ My hip is 95% pain free.** Pain killing drugs mask and Bell Shark Cartilage helps. **Rebecca Hile, Oroville, CA** **■ I tried another brand and pain came back.** 2 weeks on Bell and it was gone again. **Greg Dupuis, Hammar, ON** **■ Many people on our website write:** "Can walk again for hours." "Can climb stairs without hunching on railing." "First time in 15 years can sleep at night." **■ 90% pain free.** **■ 90% pain free.** same for my sister. Works also for sciatica...hundreds of testimonials all with full names and towns. Shark bones/cartilage was a previously broken away by-product of the food industry. No sharks are caught for their cartilage. Don't let any activist confuse you.

**■ AVAILABLE IN PORT COLBORNE AT: HEALTHY CUPBOARD 101 CLARENCE ST. W. ■ FORTNIGHT: HEALTHY CUPBOARD 111 HWY 20 EAST**

100% Truthful testimonials with full names and towns. Real people you can call. If you need more reassurance. More testimonials on the Bell website. No money is paid for testimonials. To ensure this product is right for you, always read label and follow the instructions.

# PELHAM DATEBOOK

From Page 22

## MARCH 1

### CHILI COOKOFF

hosted by Royal Canadian Legion Branch 56, Port Colborne. Entrance is free and everyone is welcome. Bring your best chili recipe. The cookoff runs 1 p.m. to 5 p.m. Prizes for first, second and third place. Admission is \$5 a person to come out to taste and judge the best chili around.

### MEDITATION

Marcia leads you through different types of meditation, at Pelham Public Library, 2 p.m. to 4 p.m. Great for beginners and people who have meditated before. Bring a pen and notebook. Cost: \$3, register ahead.

### TO THE MOON AND BACK

fundraiser dinner and silent auction for Niagara Children's Centre is at Sam's restaurant, in honour of local boy Carter Luey, who was diagnosed with Autism Spectrum Disorder and Fragile X Syndrome. Last year nearly \$4,000 was raised. Tickets for this fundraiser are \$50 a person. Auction donations welcomed. For tickets and more information visit the Facebook event page at [www.facebook.com/events/376677225800647/](http://www.facebook.com/events/376677225800647/), or contact Christina Hall at 905-788-4685 or [Chinch71@hotmail.com](mailto:Chinch71@hotmail.com).

### MASQUERADE BALL

The Hungarian Hall in Welland, 361 Hellens Ave., is holding a pre-Lenten masquerade ball, dinner and dance. Prize for best costumes. Chicken soup, cabbage rolls, beef stew with onion, salad, coffee, tea and desserts. Live music. Tickets: Adult \$3, student (7-14) \$15. For tickets call Anna at 905-735-0959, Eva at 905-734-3593 or Tibor at 905-735-6447.

### INTERNATIONAL WOMEN'S

Day performances and art exhibition at Roselawn Centre for the Arts, 296 Fielden Ave., Port Colborne, north to 6 p.m. Local female artists: woodcarving, watercolour, pottery, photography, beadwork, acrylic. Cost: \$25 for adults; \$15 for seniors and students. For tickets call 905-834-7572 or see [facebook.com/CelebratingWomenAndTheArts](http://facebook.com/CelebratingWomenAndTheArts).

## MARCH 3

### BOAT OPERATOR'S COURSE

offered by Port Colborne Power and Sail Squadron, March 3, 4 and 5, 7 p.m. to 9:30 p.m. at the Church of Jesus Christ of Latter-day Saints, Welland. Cost: \$70. Register at [www.boatingcourses.ca](http://www.boatingcourses.ca).

## MARCH 4

### PANCAKE SUPPER

First Lutheran Church, 688 Elm St., Port Colborne, 5 p.m. to 6:30 p.m. Pancakes, sausage, bacon, tea, coffee and dessert.

Adults \$7, children four to 10 \$3. For tickets call 905-834-0590 or 905-835-8111.

### PANCAKE SUPPER

at Wesley United Church, 244 First Ave. N., Welland, 5 p.m. to 7 p.m. Pancakes, sausages, desserts, tea and coffee. Adults \$7, children three to 12 \$4, under three free. All welcome.

### PANCAKE SUPPER

Shrove Tuesday supper at St. Alexander parish, 5 p.m. to 7 p.m. Adults \$6, child \$4 (12 and under). Pancakes, sausages, baked beans, coffee, tea and juice.

### GIRLS NIGHT OUT

Port Colborne Optimists hosts Girls Night Out, featuring local psychics, entertainment by Randy Thomas, Joseph's Winery tastings, hors d'oeuvres served by volunteer firemen, numerous vendors, a Zumba demonstration and Sharryn Pollard, a Miss Pole Dance Canada. Tickets are \$25 each, or 10 tickets for the price of nine, available by calling 905-834-7988. The event is at Brebeuf Hall at 300 Killaly St. E. Doors open at 7 p.m.

### DREAMS TO MEMOIRS

Following on the heels of her popular book, I Did, You Can Too, Dorothy Seabourne presents stories and images from Dreams to Memoirs during her visit to Pelham Public Library. This photo book highlights the 12 European tours she has taken by motorcycle over the past 30 years. At age 73, she is making plans to tour Ireland on a "big bike" next year. Copies of the book will be for sale at the presentation for \$40. Time 7 p.m.; cost \$4. Register ahead.

## MARCH 15

### DUCKS UNLIMITED

Port Colborne hosts a dinner and auction at Brebeuf Hall. Early bird draw Feb. 21. For tickets call Sharon at 905-834-9556.

## MARCH 17

### FREE EMPLOYMENT HELP

Learn how to create a job-winning resume and cover letter. Presented by Pelham Public Library, 2 p.m. to 4 p.m., by Niagara College Employment and Training Solutions. Register ahead by calling 905-892-6443.

## ONGOING

### E-READERS

and Chromebooks are now available for loan at Port Colborne Public Library. Drop by the library for more information.

### ART ON THE WALL

at Welland Civic Square features Alex Bosco throughout February, a display of etched aluminum. Call 905-735-4463 if you'd like to display your work.

# MYOMOTION

## "STOP PAIN" from the INSIDE

The most effective joint pain relief supplement for:

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- Tendonitis
- Back Pain
- Sore Muscles



**Dr. Marcus Laux, ND**  
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MYOMOTION is a state of the art advanced anti-inflammatory supplement. It is the next generation of herbal research delivering faster, more effective pain relief. Each ingredient is clinically proven, patent protected, and naturally safe. There is nothing better.

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# 'MIRACLE MOLECULE' SUPERCHARGES CIRCULATION, PROMISING BETTER BLOOD FLOW, BLOOD PRESSURE AND INCREASED MENTAL CLARITY & STAMINA!

## 90-SECOND CIRCULATION BOOSTER

Are you concerned with high blood pressure or cholesterol, a lack of stamina and energy, a dip in libido and physical performance, or the increased "senior moments"? The answer to living without these health concerns has been discovered in what scientists are calling the most important health breakthrough of our time. The discovery starts with nitric oxide (N-O).

## OVER 40 LOSING CRUCIAL RESERVES

N-O is a natural substance produced by the body that has amazing effects on health and circulation. The American Heart Association published one of many studies showing that many people over 40 don't produce enough N-O. In fact, your body produces less than half of what it did at 20.

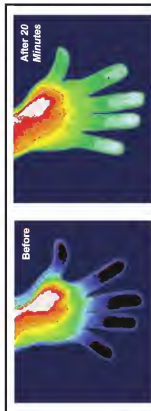


## NOBEL PRIZE WINNING DISCOVERY

Three researchers received the prestigious Nobel Prize for the discovery. One of the winners says, "There may be no disease process where this miracle molecule does not have a protective role".

## GOOD NEWS FOR BOOMERS!

Researchers reported that N-O helps with energy levels, blood pressure, cholesterol, joint discomfort, and assisted in strengthening the immune system.



Dark = Low Blood Flow

Light = Increased Blood Flow

**Actual Thermographic Image of Hand shows circulation in hands before and after taking Neo 40 daily.** On the Left, the fingertips are almost black showing little blood flow. On the Right, lighter colored fingers show increased blood flow after only 20 minutes.

## NATURAL RESULTS YOU CAN FEEL

Lee L., from CA was stunned with her results. "I have had knee, leg and shoulder problems for over 10 years. The pain has deprived me of sleep for months!" Ronald D., TX explains, "The results were noticeable overnight. I had more energy and was able to focus more readily."

## BEE & BERRY COMBO BOOSTS N-O

Neo 40 daily proprietary combination of N-O boosting nutrients: amino acids, B Vitamins, Vitamin C, and Magnesium are specially formulated with the plantain combining of red devil berry and Hawthorn berry.

## SURPRISE BENEFITS FOR MEN & WOMEN

Adequate amounts of Nitric Oxide insure sufficient amounts of blood to flow to the extremities, especially the penis, resulting in an erection. The same applies to women. Increased blood flow to the uterus and vagina is a different way Dr. Bryan. A boost in Nitric Oxide levels may equal increased sexual sensitivity for men and women. Tammy from Ontario said, "The first night after my first dose I had improved circulation in my hands. I find the increased circulation is a definite benefit in the bedroom."

"We noticed a difference in my husband's erections within a week. We can't believe how well it works," reports pleased wife Marion S. of New York.



# Neo40® daily

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**Tanya & Ian Birrell**  
Owners of The Healthy Cupboard

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## CLINICALLY SHOWN TO HELP YOUR BODY:

- Reduce triglyceride levels (27% average in 30 days)
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- Support cardiovascular and heart health
- Improve sexual performance through improved circulation
- Increase the body's circulation
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